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# ABOUT US

## **A SCHOOL BORN OUT OF PASSION**

The Gastronomicom Institute is an International Culinary Academy created in 2004 by professionals in Gastronomy and French pastry. All of our teachers boast many years of experience at prestigious, high-end Gastronomic Hotel-Restaurants.

Together we have channeled our knowledge and skills to develop specialized programs consolidated by the finest teaching methods in these four subjects.

Programs here, at our International Culinary Academy, will enable you to learn the Arts of French Cooking and Pastry arts school at a one Michelin star level (the best reference in the world for high quality Hotel-Restaurants or Restaurants).

All the courses are conducted in English.

## **WHY CHOOSE THIS LEVEL OF TRAINING?**

Choosing to take classes at our culinary academy will open the doors to many jobs in your country and as well as abroad. We also know that in most countries there is a serious lack of qualified people in the Food and Beverage Industry, especially in Gastronomy!

To make you feel welcome during your stay at Gastronomicom, we have chosen to base our culinary academy in the charming city of Adge, a popular tourist destination located on the coast, 50 km from Montpellier (half an hour by train) and 120 km from the Spanish border (one hour by car).

The Mediterranean climate is very pleasant and we generally enjoy around 300 days of sunshine annually.



# OUR PROGRAMS

All our cooking and pastry courses are only hands on lessons.

## Requirements

- High motivation for gastronomic culinary arts
- Good English comprehension
- Minimum 18 years old

## **GOURMET PROGRAM:**

### 1 month courses

#### **Duration and content of the program:**

- 4 weeks with 30 hours of hands-on classes per week
- 15 hours pastry lessons + 15 hours cooking lessons per week

#### **The 4 weeks Cooking Module includes:**

- 1st week: Cold Starters
- 2nd week: Hot Starters
- 3rd week: Fishes and Sauces
- 4th week: Meats and Sauces

#### **The 4 weeks Pastry Module includes:**

- 1st week: Breads, Viennoiseries, Doughs
- 2nd week: Cakes and Entremets
- 3rd week: Chocolate
- 4th week: Plated Desserts and Decoration

#### **Details :**

- During all the French cooking & pastry classes, students work in teams in order to help each other and to learn together. All week-ends are free



## **EPICURE PROGRAM:**

**2 months courses**

### **Duration and content of the program**

8 weeks with 30 hours of lessons per week, including 15 hours of hands-on classes minimum per week

#### **3 possibilities:**

- French lessons + Cooking courses
- French lessons + Pastry courses
- Cooking courses + Pastry courses

#### **Details:**

- All week-ends are free and you will have a 1 week-break to visit France
- The program is composed of 2 or 3 modules, depending on the length of time chosen, each of 4 weeks. They are structured in the same manner as the Gourmet program module, with of course, different dishes along with a higher level of difficulty
- For the practical courses, students work in teams in order to help each other and learn together

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## **GASTRONOMIC PROGRAM:**

**3 months courses**

### **Duration and content of the program:**

- 12 weeks with 30 hours of lessons per week , including 15 hours of hands-on classes minimum per week

#### **3 possibilities:**

- French lessons + Cooking courses
- French lessons + Pastry courses
- Cooking courses + Pastry courses



**Details :**

- All week-ends are free and you will have a 1 week-break to visit France (according the program chosen and the intake date)
  - The program is composed of 2 or 3 modules, depending on the length of time chosen, each of 4 weeks. They are structured in the same manner as the Gourmet program module, with of course, different dishes along with a higher level of difficulty
  - For the practical courses, students work in teams in order to help each other and learn together
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**FULL PROGRAM:**

**3 months + 4 months internship**

**Duration and content of the program:**

- 12 weeks with 30 hours of lessons per week
- 15 hours of hands-on Cooking classes (or Pastry courses) and 15 hours of French lessons
- 4 months internship at a luxury hotel-restaurant in France.

**2 possibilities:**

- French lessons + Pastry courses
- French lessons + Cooking courses

**Details:**

- In this program, pastry and cooking lessons are divided in 3 modules, each of 4 weeks. They are structured in the same manner as the Gastronomic program.
  - All weekends are free (except during the internship) and 1 week-break to visit France (according the program chosen and the intake date)
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**1 YEAR PROGRAM:**

**Duration and content of the program:**

- 12 months with a 3 months Gastronomic Cooking course + a 3 months Gastronomic Pastry course
  - 6 months internship
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## **SPECIAL MIAMI/AGDE (COOKING OR PASTRY) 12 MONTHS:**

### **Duration and content of the program:**

- 3 months in Miami (Cooking OR Pastry)  
12 weeks with 4 hours a day, 5 days per week of hands-on courses.
  - 3 months in Agde (Cooking OR Pastry).  
12 weeks with 3 hours of hands-on courses + 3 hours of intensive French lessons a day, 5 days a week.
  - 6 months internship in a Gastronomic Restaurant in France.  
During the internship, students will receive a monthly stipend of 554 € as well as room and board.
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## **2 YEARS PROGRAM:**

### **Duration and content of the program:**

- A one year preparatory course at Gastronomicom, like the normal One year Program, + a Second year which includes: a 3 months university level management course, a 3 months practical management Course and a 6 months internship at a Gastronomic Establishment

### **Details:**

- All management Courses are taught in French.
- Students can qualify for a direct second year entry if they can justify a minimum of 5 years professional experience at a recognized gastronomic establishment AND an advanced level of French
- For the management diploma you have two options: Cooking or Pastry

\* If you take a second practical subject instead of the French lessons this will cost you a small supplement of 100 € per month for the cost of the products, that we don't have in the language lessons.





# FEES

Program	Tuition fees	Enrollment fees	Lodging	Total
Gourmet	3 580 €	240 €	360 €	4 180 €
Epicure	5 590 €	240 €	720 €	6 550 €
Gastronomic	7 510 €	240 €	1 080 €	8 830 €
Full	8 900 €	240 €	1 080 €	10 220 €
1 year	17 330 €	240 €	2 160 €	19 730 €
Special Miami/Agde 12 Months	16 100 €	240 €	1 080 € (Gastronomicom Agde only)	17 420 €
2 years	34 660 €	240 €	4 320 €	39 220 €

**TO ENROLL YOU: ENROLLMENT ONLINE**

## Payment Procedure

- 1st payment: 40% of the tuition fees to block your place + Enrollment fees
- 2nd payment: 30% of the tuition fees 2 months before the beginning of the program.
- 3rd Payment: 30% of the tuition fees 15 days before your arrival.





#### **CANCELLATION PROCEDURE:**

Enrollment Fees are non-refundable.

Minimum 2 months before the start of the Program a full refund of the Tuition Fees will apply.

From 1 month until 2 months before the start of the Program only 50% of the Tuition fees will be refunded. Less than one month before the start of the Program no refund will be possible.

In case of visa refusal with Proof from the Embassy (and if the reason of the refusal is not coming from the student) we will refund the Tuition fees in full.

No refund will be given after the beginning of the program. If a student must leave early because of extenuating circumstances, no refund will be given.

In case of any exclusion of the school for a non-respect of the rules and regulations (signed at the arrival at the school) No refund will be done!

Lodging is provided by the school so if you wish to obtain your own lodging elsewhere that must be communicated to the school a minimum of a month beforehand as the school has to pay for and set aside the number of apartments needed before the start of the term. If you change your mind part way through the program and choose to move, the money for lodging cannot be refunded.





Intake date	Gourmet Beginner 1 month	Gourmet Advanced 1 month	Gourmet Pro 1 month	Epicure 2 months	Gastronomi c 3 months	Full 3 months + 4 months internship	1 year 6 months + 6 months internship	Special Miami/Agde 12 Months	2 years
October Intake :		✓		✓					
November Intake :			✓						
January Intake :	✓			✓	✓	✓	✓	✓	
February Intake :		✓		✓					
March Intake :			✓					✓	
April Intake :	✓			✓	✓	✓	✓		
May Intake :		✓		✓					
June intake :			✓						
September intake :	✓			✓	✓	✓	✓	✓	✓



# INTERNSHIPS

We offer you the possibility to complete an internship after your courses which allow you to improve your skills in cooking and pastry.

It's an amazing opportunity for you. You will be placed in a high-level establishment. The school takes care to find you the right place where you will be accommodated, feed and paid.

You'll live at the establishment's rhythm and will discover the real life of gastronomic Chef.

Gastronomicom is the only academy who provide internship to his students (in cooking or pastry) in restaurants referenced in Michelin guide in France.

## OUR PROGRAMS INCLUDING AN INTERNSHIP:

We have 4 programs that integrate an internship:

- The full program (3 months courses + 4 months internship)
- The one year program (6 months courses + 6 months internship)
- The Special Miami/Agde program (3 months courses in Miami + 3 months courses in Agde + 6 months internship in France)
- The 2 years program (12 months courses + 12 months internship)

You can't do only the internship. The courses before are compulsory (by French law and in your interest because we have to know your level to choose the right place for you).

## A BOOST FOR YOUR CULINARY CAREER

Because of our 10 years' experience and our excellent reputation, we collaborate exclusively with top-end Hotels-Restaurants and Restaurants in France such as Relais-Châteaux, leading hotels of the world and other luxurious restaurants (even one or two stars Michelin level).

The placement of the student will be decided by the teachers and the administrative team.

The school will take into account the student's technical and French level, his motivation and his behavior.

The internship will begin immediately after the course so students will not require any other lodging in between.

During the internship, students will receive an indemnity of 554 Euros per month + lodging and board.

The internship is very important for a student, it is the training's key to finalize all the formation.

Extremely helpful, the internship permits to the student to realize the profession's reality.



# LODGING



## CAP D'AGDE

This large attractive and dynamic resort offers 14 km of fine, sandy beaches, a pleasure marina with 3000 moorings, water sports and other sporting activities, a 27-hole golf course and the International Tennis Club. You can conveniently stroll around from one quay to another on linking footpaths. There is a cycle track that goes through the resort towards Agde.

The Residence Club Saint Loup is situated in a park of 4 hectares of luxuriant greenery, a naturally preserved, spacious environment, dotted with ponds and lakes, just 5 minutes from the harbor and beach.

A bus line (with a stop at the Resort's entrance) connects you every day to Agde train station, making it easy to visit the surrounding cities!

## THE RESORT

At our culinary academy students are housed for a cost of 360 € per month, in apartments (2 students per apartment), with 2 bedrooms, living-room, fully equipped kitchen (which allows each student to be able to cook his/her own dishes and respect their culinary habits), bathroom, separate toilet and a terrace where you can relax and dine.

A 500 € deposit will be required when you check-in at the Residence's front office and refunded upon your departure (given there is no damage to the apartment).

If you wish to book an individual apartment, please contact our culinary academy. The Residence boasts a beautiful swimming pool which is opened from March to late October.

## Join us:

